

Seniors *at Home* Guide



Dear Danville Senior Center Participants,

We hope you are doing well and staying healthy. As businesses in Danville start to reopen, we are looking at plans to safely reopen the Senior Center. There may be some adjustments to class sizes and scheduling to allow for social distancing. We look forward to seeing you back in the building and in our programs, it hasn't been the same without you! As soon as we have a reopening plan and timeline, we will reach out via email. In the meantime, we are available at (925) 314-3430, Monday-Friday, 8:30am – 5:00pm. Have a great day! -Leah, Yvonne, Milly, Kellie & Janet

Share your thoughts! We have put together a brief survey regarding the Senior Center reopening. Please take 2 minutes to share your opinion: <https://www.surveymonkey.com/r/SeniorCOVIDSurvey>

Stay Up-to-Date:

The Town is updating its website as information and resources become available. See current information here: www.danville.ca.gov/seniorresources

Yvonne's List: Recommended to Read & Watch



MOVIE SELECTION

Calendar Girls (2015) (Comedy/Drama)

Rated: (PG-13) 1.48 hrs.

After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound Woman's Institute Association, Chris encourages Annie and their friends to create a calendar -- with the novel detail of using the middle-aged women of their village as nude models. The idea stuns the husbands and a wary young photographer.

Starring: Helen Mirren, Celia Imrie, Julie Walters, Geraldine James

Director: Nigel Cole

Critic's Choice: 6.9/10

BOOK SELECTION

Little Fires Everywhere

In Shaker Heights, a placid, progressive suburb of Cleveland, everything is planned – from the layout of the winding roads, to the colors of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules.

Enter Mia Warren – an enigmatic artist and single mother – who arrives in this idyllic bubble with her teenaged daughter Pearl, and rents a house from the Richardsons. Soon Mia and Pearl become more than tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past and a disregard for the status quo that threatens to upend this carefully ordered community.

This book was adapted as a television miniseries on Amazon Prime Video.

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Information on how to read free books:

<https://tinyurl.com/yb8gorbv>

Leah's Favorite Fiesta Artichoke Dip

By Lawry's Seasonings



Ingredients

1 package of Lawry's (or comparable brand) taco spices and seasoning
1 cup mayo
1 package (8 oz) cream cheese, softened
2 cans (14oz. each) artichoke hearts, drained
1 cup shredded Monterey jack cheese (about 4oz)
1/2 cup sliced green onions (optional)

Instructions

1) Preheat oven to 350. In a medium bowl, combine all ingredients except 1/4 cup green onions. In 2 quart baking dish, spoon artichoke mixture in an even layer.

2) Bake for 25 min or until heated through. Garnish with remaining green onions and serve with tortilla chips or fresh veggies. Yum!

Email us your favorite simple recipes for a chance to be featured in the next edition of the Seniors At Home Guide!

DIY Bird Feeder

(source: <https://tinyurl.com/yc4sgkgx>)

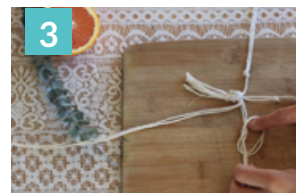
Ingredients:

Orange

8 strings, about 18 inches each

Instructions:

1. Cut the orange in half, scoop out the orange.
2. Tie all 8 strings into a loop about an inch away from the bottom.
3. Divide the pairs of string into pairs, and tie each pair together, about an inch down from the large knot.
4. Separate the pairs of string and create new pairs. Tie these new pairs together about an inch up from the previous knot.
5. Put the orange into the basket formed by the strings and fill it with birdseed. Enjoy!



Leah's Favorite 5-Minute Break:

Watch the Cornell Lab Bird Cam. Check it out here: <https://tinyurl.com/yd2wg28n>

Did you know? Kansas City Zoo has a live feed of their penguins! Watch them anytime, day or night: <https://tinyurl.com/y8ahzhm4>



Name that Danville park! Can you spot where this photo was taken?